



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09107, Gooseberries, raw

Report Date: June 30, 2017 06:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	87.87	15	0.376	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	44	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	184	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	0.88	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.58	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.49	5	0.035	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	10.18	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	4.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Minerals													
Calcium, Ca	mg	25	5	2.966	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.31	5	0.028	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	10	4	1.382	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	27	5	1.589	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	198	6	12.360	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.12	3	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.070	5	0.008	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.144	4	0.010	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	27.7	11	1.380	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.300	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.286	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.080	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folate, DFE	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE	µg	15	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	290	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin E (alpha-tocopherol)	mg	0.37	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lipids													
Fatty acids, total saturated	g	0.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:0	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.051	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:1 undifferentiated	g	0.051	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.317	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.271	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Anthocyanidins													
Cyanidin ^{3 4}	mg	8.73	--	1.23	0.05	16.97	--	--	--	--	--	--	--
Delphinidin ³	mg	0.0	--	0.01	0	0.15	--	--	--	--	--	--	--
Peonidin ^{3 4}	mg	0.8	--	0.39	0.07	6.93	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin ⁵	mg	1.7	--	0	1.67	1.67	--	--	--	--	--	--	--
(-)Epigallocatechin ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)Epicatechin ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)Epicatechin 3-gallate ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)Epigallocatechin 3-gallate ⁵	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin ⁵	mg	0.4	--	0	0.44	0.44	--	--	--	--	--	--	--
Flavones													
Apigenin ⁶	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Luteolin ⁶	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol ^{6 7}	mg	0.9	--	0.51	0	1.9	--	--	--	--	--	--	--
Myricetin ^{6 7}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin ^{6 7}	mg	1.2	--	0.49	0	2.2	--	--	--	--	--	--	--
Isoflavones													
Daidzein ⁸	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein ⁸	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones ⁸	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers ^{1 2}	mg	1.7	--	0.66	1	2.8	--	--	--	--	--	--	--
Proanthocyanidin trimers ^{1 2}	mg	1.4	--	0.97	0.79	3.7	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers ^{1 2}	mg	4.8	--	1.74	1.3	6.92	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers ^{1 2}	mg	4.7	--	2.81	0	8.55	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) ^{1 2}	mg	68.9	--	31.09	35.4	115	--	--	--	--	--	--	--

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